

Analysis of Factors Associated with Exclusive Breastfeeding at BPM Ambarita, Humbang Hasundutan District

Martaulina Sinaga

STIKes Mitra Husada Medan, Indonesia

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ABSTRACT

Exclusive breastfeeding is breastfeeding from the time the child is born until the child is 6 months old. Exclusive breastfeeding until 6 months can meet the needs of children, over the age of 6 months new children need additional food. This study aims to determine the analysis of factors associated with exclusive breastfeeding at BPM Ambarita, Humbang Hasundutan District. Method: This type of research is descriptive analytic with a cross sectional approach which aims to explain the analysis of factors related to exclusive breastfeeding in BPM Ambarita Humbang Hasundutan District. The population in this study were all babies who were brought to visit BPM Ambarita, Humbang Hasundutan District, and the samples were taken using a total sampling technique, where the entire population was used as a sample, totaling 85 mothers at BPM Ambarita, Humbang Hasundutan Regency. Data analysis technique using the chi square statistical test and Fisher's Exact test Results: There is a relationship between age, parity, knowledge, attitudes and exclusive breastfeeding in BPM Ambarita, Humbang Hasundutan District. There is no relationship between education, work, income by exclusive breastfeeding at BPM Ambarita Humbang Hasundutan District. It is recommended to increase information to the wider community about exclusive breastfeeding through counseling, dissemination of printed media such as leaflets regarding the benefits of breastfeeding, as well as the advantages of breastfeeding both for mothers in labor and pregnant women.

E-mail:

martaulina78@gmail.com

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1. Introduction

An ideal source of nutrition with a composition that is balanced with the needs of the baby's growth is Mother's Milk (ASI). In addition, breast milk is a living liquid that contains immune substances that will protect babies from various bacterial, viral, parasitic and fungal infectious diseases. Breastfeeding can increase the bond of affection between mother and child. Even though a mother can give love by giving formula milk, breastfeeding itself will have a big psychological effect. The feeling of security is very important to build the foundation of the baby's trust, namely by starting to trust other people (the mother), then the child's self-confidence will arise (RI Ministry of Health, 2019).

Exclusive breastfeeding is breastfeeding from the time the child is born until the child is 6 months old. During this time, children are not expected to receive additional fluids, such as formula milk, orange juice, tea, honey and water. In exclusive breastfeeding, children are also not given additional food such as bananas, biscuits, rice porridge, team, and so on. Exclusive breastfeeding until 6 months can meet the needs of children, above the age of 6 months new children need additional food (Maryunani, 2017).

Exclusive breastfeeding was first proclaimed in 1985, namely breastfeeding to children for 0-4 months, then through Permenkes No. 450 of 2018, exclusive breastfeeding is increased until the child is six months old. In this regard, Government Regulation (PP) No. 33 of 2019 concerning Exclusive Breastfeeding has been stipulated in Chapter III Article 6 which states that "Every mother

who gives birth must provide exclusive breastfeeding to the child she is giving birth to". Healthy and intelligent children will grow from healthy children. The life of a child is largely determined by parents, especially mothers. In order for a child to grow up healthy it needs healthy and nutritious food, careful care, good upbringing and love.

Currently, efforts to increase breastfeeding has become a global goal. Every year, August 1-7 is celebrated as World Breastfeeding Week. At that time the activities of the ASI program will be evaluated. In Indonesia, the government enforces various regulations regarding exclusive breastfeeding. In fact, since 1992 the activities of the Children's Hospital have been carried out and then the Mother's Dear Hospital was added in 1999. With the hope that the Exclusive Breastfeeding program in Indonesia will be even better.

Based on the results of the evaluation of the Exclusive Breastfeeding program, it shows that the program has not been fully implemented properly. This can be known based on the results of a survey conducted by the government. In Indonesia, the percentage of exclusive breastfeeding for children 0-6 months in 2013 was 54.3%. The total number of children aged 0-6 months in 2013 was around 2,483,485 people, while the number of children who received exclusive breastfeeding was only 1,349,549 children. The highest percentage of exclusive breastfeeding was in West Nusa Tenggara (79.74%), followed by South Sumatra (74.49%), East Nusa Tenggara (74.37%), while the lowest percentage of exclusive breastfeeding was in Maluku (25.21%), West Java (33.65%), North Sulawesi (34.67%) and North Sumatra (41.26%) (Ministry of Health, 2019).

North Sumatra Province itself has a coverage of the percentage of children who were exclusively breastfed from 2015-2017 which tends to decrease significantly, although coverage in 2018 has increased compared to 2019, namely around 56,142 (20.33%) of 276,202 people (North Sumatra Health Office, 2020).

Medan City as an important city in North Sumatra must be a focus in increasing the coverage of ASI to improve the quality of human resources. The coverage of children who were given exclusive breastfeeding from 2016-2018 was very fluctuating because the coverage of exclusive breastfeeding in 2016 was 50.31%, decreased to 39.04% in 2017 and in 2018 the coverage rose again to 45.50% while in 2019 decreased to 22.01% (1,980 people) of the number of children who had 8,995 children (Medan Health Office Profile, 2018). Exclusive breastfeeding coverage in Humbang Hasundutan District is still below <50%.

Exclusive breastfeeding is directly related to the mother. In this case the mother acts as the main actor who plays an important role in the success of the exclusive breastfeeding program. There are many factors that influence the low exclusive breastfeeding. According to Wadud's research (2018) there is a significant relationship between age and parity with exclusive breastfeeding at the Palembang Pembina Community Health Center, namely mothers who are less than 30 years old do not have knowledge about exclusive breastfeeding, while mothers who are more than 30 years old have experience in breastfeeding Exclusive. Likewise with parity, the prevalence of exclusive breastfeeding increases with the increase in the number of children, because the prevalence of the third or more children will be breastfed more than the second and first children.

In addition to age and parity, based on the results of research conducted by Juliastuti (2019) stated that there is a significant relationship between the status of a mother's employment and exclusive breastfeeding in Bejijong Village, Trowulan District, Mojokerto Regency, mothers whose status is not working have the possibility of exclusive breastfeeding 3.5 times higher than working mothers. Giri and Kurnia (2017) in their research stated that knowledge also influences the behavior of breastfeeding mothers towards breastfeeding in Kampung Kajanan Village, Buleleng District. The better the mother's knowledge and attitude, the better the feeding for toddlers will be.

Mitraning (2018) in his research stated that attitudes are related to exclusive breastfeeding in the Krobokan Village, Semarang City. The mother's attitude is the reaction of the mother's response in giving exclusive breastfeeding to her child. If the mother already has a strong attitude towards exclusive breastfeeding, then her behavior will also be more consistent.

Based on the results of an initial survey conducted by researchers through interviews with 8 mothers at BPM Ambarita Humbang Hasundutan District, it was found that out of 8 mothers there were 3 mothers who did not know the meaning of exclusive breastfeeding and 2 other mothers knew the meaning of exclusive breastfeeding but did not give exclusive breastfeeding to their children because the mother's milk production is small, and 1 person does not give exclusive

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breastfeeding because of work and 2 people give exclusive breastfeeding. Other factors that affect breastfeeding are mothers in a hurry to provide additional food before the milk comes out such as giving starch water, bananas, rice porridge, packaged milk so that it replaces the position of breast milk, the behavior of mothers who throw away colostrum because it looks dirty and thinks colostrum is spoiled milk which is dangerous health.

2. Method

This type of research is descriptive analytic with a cross sectional approach which aims to explain the analysis of factors related to exclusive breastfeeding at BPM Ambarita, Humbang Hasundutan Regency, in 2021. The population in this study were all babies brought to visit BPM Ambarita, Humbang Hasundutan Regency. The sample in this study used a total sampling technique, in which the entire population was used as a sample, totaling 85 mothers at BPM Ambarita, Humbang Hasundutan Regency.

3. Result and Discussions

Univariate analysis in this study was carried out to determine the frequency distribution of characteristics, knowledge, attitudes and actions of mothers in exclusive breastfeeding at BPM Ambarita Humbang Hasundutan Regency in 2021 which can be seen in Table 1 below

Table 1.
Distributive Characteristics of Mothers in Exclusive Breastfeeding at BPM Ambarita Humbang Hasundutan Regency in 2021

No	Variable	F	%
1	Age		
	20-35 years	61	71,8
	<20 and >35 years	24	28,2
	Total	85	100,0
2	Education		
	SD	2	2,4
	JUNIOR HIGH SCHOOL	36	42,4
	SENIOR HIGH SCHOOL	44	51,8
	PT	3	3,5
Total	85	100,0	
3	Work		
	Housewife	48	56,5
	Self-employed civil servant	35	41,2
	Total	85	100,0
4	Income		
	≤ Rp. 1,870,000	53	62,4
	≥ Rp. 1,870,000	32	37,6
Total	85	100,0	
5	Parity		
	≤ 2 children	56	65,9
	<2 children	29	34,1
Total	85	100,0	
6	Knowledge		
	Low	54	63,5
	high	31	36,5
Total	85	100,0	
7	Attitude		
	Strongly Disagree	3	3,5
	Don't agree	44	51,8
	Doubtful	15	17,6
	Agree	18	21,2
Strongly agree	5	5,9	

	Total	85	100.0
8	Exclusive breastfeeding		
	Yes	21	24,7
	Not	64	75,3
	Total	85	100.0

Based on table 1 above, it can be seen that based on age, the proportion of the majority of respondents aged 20-35 years was 61 respondents (71.8%) and the age of respondents aged < 20 and > 35 years was 24 respondents (28.2%). The last educational background of the respondents, the majority of respondents' education was high school with 44 people (51.8%) followed by junior high school graduates with 36 people (42.4%), university graduates with 3 people (3.5%) and Elementary school graduates as many as 2 people (2.4%).

The occupation of the majority of respondents is housewives as many as 48 people (56.5%). Furthermore, there were 35 entrepreneurs (41.25%) and 2 civil servants (PNS) (2.4%). The income of the majority of respondents is ≤ Rp. 1,870,000 as many as 53 (62.4%) while income > Rp.1,870,000 was only 32 people (37.6%).

The highest number of respondents' children was ≤2 as many as 56 respondents (65.9%) and the number of respondents' children >2 was 29 respondents (34.1%). Respondents' knowledge was more in the low knowledge category, namely 54 people (63.5%) while those with high knowledge were 31 people (36.5%).

The attitude of the respondents was obtained from data as many as 44 respondents (51.8%) had an attitude of disagreeing with exclusive breastfeeding, 18 respondents (21.2%) had an attitude of agreement, as many as 15 respondents (17.6%) had an attitude of doubt about giving Exclusive breastfeeding, as many as 5 respondents (5.9%) had an attitude that strongly agreed with exclusive breastfeeding, and 3 respondents (3.5%) had an attitude that strongly disagreed with exclusive breastfeeding. Then seen from the mother's actions in exclusive breastfeeding, respondents who did not give exclusive breastfeeding were 64 people (75.3%) and only 21 people (24.7%) succeeded in giving exclusive breastfeeding.

The bivariate analysis meant to look at the relationship of each independent variable (age, education, occupation, income, parity, knowledge and attitudes) with the dependent variable (Exclusive Breastfeeding) was carried out by the Chi Square test at a significance level $\alpha = 0.05$.

Table 2.
The Relationship between Mother Characteristics and Exclusive Breastfeeding at BPM Ambarita in Humbang Hasundutan Regency in 2021

Variable	Exclusive breastfeeding						p.s
	Yes		Not		Total		
	f	%	f	%	f	%	
Age							
20-35 years	9	14,8	52	85,2	61	100.0	0.001
<20 and >35 years	12	50.0	12	50.0	24	100.0	
Amount	21	24,7	64	75,3	85	100.0	
Education							
SD	0	0	2	100	2	100	0.736
JUNIOR HIGH SCHOOL	11	30,6	25	69,4	36	100	
SENIOR HIGH SCHOOL	10	22,7	34	77,3	44	100	
PT	0	0	3	100	3	100	
Amount	21	24,7	64	75,3	85	100	
Work							
Housewife	15	31,2	33	68.8	48	100	0.286
Ladder							
Self-employed	6	17,1	29	82.9	35	100	
civil servant	0	0	2	100	2	100	
Amount	21	24,7	64	75,3	85	100	
Income							
≤ Rp. 1,870,000	14	26,4	39	73,6	53	100	0.638
>Rp. 1,870,000	7	7,9	25	24,1	32	100	
Amount	21	24,7	64	75,3	85	100	

Parity							
≤2	7	12.5	49	87.5	56	100.0	
>2	14	48,3	15	51,7	29	100.0	0.0001
Amount	21	24,7	64	75,3	85	100.0	
Knowledge							
Low	7	35,9	47	64.5	54	100	
Tall	14	45,2	17	54,8	31	100	0.002
Amount	21	24,7	64	75,3	85	100	
Attitude							
Very not	0	0	3	100	3	100	
Don't agree	1	2,3	43	97.7	44	100	
Doubtful	0	0	15	100	15	100	0.0001
Agree	15	83.3	3	16,7	18	100	
Strongly agree	5	100	0	0	5	100	
Amount	21	24,7	64	75,3	85	100	

Based on the table above, it can be seen the relationship between characteristics, knowledge and attitudes of mothers with exclusive breastfeeding at BPM Ambarita Humbang Hasundutan Regency in 2021.

3.1 Discussion

a. Relationship between Age and Exclusive Breastfeeding at BPM Ambarita in Humbang Hasundutan Regency in 2021

Based on Table 2 above the results of the cross-tabulation between age and exclusive breastfeeding at BPM Ambarita Humbang Hasundutan Regency in 2021, data were obtained from 61 respondents aged 20-35 years as many as 9 respondents (14.8%) who gave exclusive breastfeeding and 52 respondents (85.2%) who did not give exclusive breastfeeding. Meanwhile, of the 24 respondents aged <20 and >35 years, 12 respondents (50.0%) gave exclusive breastfeeding and 12 respondents (50.0%) did not give exclusive breastfeeding.

The results of statistical analysis using the chi-square test obtained a value of $p < 0.05$ so statistically it can be interpreted that there is a relationship between age and exclusive breastfeeding at BPM Ambarita, Humbang Hasundutan Regency, in 2021.

b. The Relationship between Education and Exclusive Breastfeeding at BPM Ambarita, Humbang Hasundutan Regency, in 2021

Based on Table 2 above, the results of the cross tabulation between education and exclusive breastfeeding at BPM Ambarita, Humbang Hasundutan Regency, in 2021 obtained data from 44 respondents with high school education, as many as 10 respondents (22.7%) who gave exclusive breastfeeding and 34 respondents (77, 3%) who do not give exclusive breastfeeding. Of the 2 respondents with elementary education, all (100%) did not give exclusive breastfeeding. Statistical analysis using the Fisher's Exact test obtained a value of $p > 0.05$ so that statistically it can be interpreted that there is no relationship between education and exclusive breastfeeding at BPM Ambarita, Humbang Hasundutan Regency, in 2021.

c. Work Relations with Exclusive Breastfeeding at BPM Ambarita Humbang Hasundutan District in 2021

Based on Table 2 above, the results of the cross-tabulation between work and exclusive breastfeeding at BPM Ambarita, Humbang Hasundutan Regency, in 2021 obtained data from 48 housewife respondents as many as 15 mothers (31.2%) gave exclusive breastfeeding and 33 housewives (68, 8%) did not give exclusive breastfeeding. Of the 2 mothers who were civil servants, all of them did not give exclusive breastfeeding (100%). Statistical analysis using the Fisher's Exact test obtained a value of $p > 0.05$ so that statistically it can be interpreted that there is no relationship between work and exclusive breastfeeding at BPM Ambarita, Humbang Hasundutan Regency, in 2021.

d. The Relationship between Income and Exclusive Breastfeeding at BPM Ambarita Humbang Hasundutan Regency in 2021

Based on Table 2 above the results of the cross-tabulation between income and exclusive breastfeeding at BPM Ambarita Humbang Hasundutan Regency in 2021, it was found that out of 53 respondents with income ≤UMK Rp.1,870,000, 14 respondents (26.4%) gave exclusive breastfeeding and 39 respondents (73.6%) who did not give exclusive breastfeeding. Of the 32

respondents with an income of >UMK Rp.1,870,000, 7 people (7.9%) gave exclusive breastfeeding and 25 mothers (24.1%) did not give exclusive breastfeeding. The results of statistical analysis using the chi-square test obtained a value of $\rho > 0.05$, so statistically it can be interpreted that there is no relationship between income and exclusive breastfeeding at BPM Ambarita, Humbang Hasundutan Regency, 2021.

e. The Relationship between Parity and Exclusive Breastfeeding at BPM Ambarita, Humbang Hasundutan Regency, in 2021

Based on Table 2 above the results of the cross-tabulation between parity and exclusive breastfeeding at BPM Ambarita Humbang Hasundutan Regency in 2021, it was obtained that out of 56 respondents with a total of ≤ 2 , 7 respondents (12.5%) gave exclusive breastfeeding and 49 respondents (87.5%) did not give exclusive breastfeeding, while of the 29 respondents with children > 2 , 14 respondents (48.3%) gave exclusive breastfeeding and 15 respondents (51.7%) did not give exclusive breastfeeding. The results of statistical analysis used the chi-square test with a value of $\rho < 0.05$ so statistically it can be interpreted that there is a relationship between parity and exclusive breastfeeding at BPM Ambarita, Humbang Hasundutan Regency, in 2021.

f. The Relationship between Knowledge and Exclusive Breastfeeding at BPM Ambarita, Humbang Hasundutan Regency, in 2021

Based on Table 2 above, the results of the cross-tabulation between knowledge and exclusive breastfeeding at BPM Ambarita, Humbang Hasundutan Regency in 2021, obtained data that out of 46 respondents who knew enough, 5 respondents (10.9%) gave exclusive breastfeeding and 41 respondents (89.1%) who do not give exclusive breastfeeding. Meanwhile, out of 8 respondents who did not know, 2 respondents (25.0%) gave exclusive breastfeeding and 6 respondents (75.0%) did not give exclusive breastfeeding and from 31 respondents who knew, 14 respondents (45.2%) gave breast milk. Exclusive and 17 respondents (54.8%) did not give exclusive breastfeeding. The results of statistical analysis using Fisher's exact test obtained a value of $\rho < 0$,

g. The Relationship between Knowledge and Exclusive Breastfeeding at BPM Ambarita, Humbang Hasundutan Regency, in 2021

Based on Table 2 above the results of the cross-tabulation between attitudes and exclusive breastfeeding at BPM Ambarita Humbang Hasundutan Regency in 2021, data obtained that of the 44 respondents who disagreed, there was 1 respondent (2.3%) who gave exclusive breastfeeding and 43 respondents (97.7%) who did not give exclusive breastfeeding. Of the 5 respondents who strongly agreed, all of them gave exclusive breastfeeding (100%).

The results of statistical analysis using Fisher's exact test obtained a value of $\rho < 0.05$ so statistically it can be interpreted that there is a relationship between attitude and exclusive breastfeeding.

h. Relationship between Age and Exclusive Breastfeeding

The results showed that most of the respondents were in the 20-35 year age group. Of the 61 respondents aged 20-35 years, 9 respondents (14.8%) gave exclusive breastfeeding and 52 respondents (85.2%) did not provide exclusive breastfeeding and 24 respondents aged < 20 and > 35 years, 12 others. respondents (50.0%) who gave exclusive breastfeeding and 12 respondents (50.0%) who did not give exclusive breastfeeding. The results of research at BPM Ambarita, Humbang Hasundutan Regency, 2021 show that the majority of respondents aged 20-35 years do not breastfeed because mothers aged 20-35 years lack experience in breastfeeding, in contrast to mothers aged > 35 years, they already have experience in giving exclusive breastfeeding to their babies.

The experience of mothers in exclusive breastfeeding is still low, it can be seen during interviews that many mothers reasoned that they gave additional food such as porridge, starch water and honey rather than breastfeeding their babies. They prefer to provide additional food because their experience is basically lacking so they don't have any responsibility. Whereas mothers who are > 35 years old already have the responsibility to provide exclusive breastfeeding to their babies. Because the older a person has the characteristics of his own responsibility. This research is in line with Wadud's research (2013) at the Palembang Pembina Health Center which stated that there is a relationship between age and exclusive breastfeeding where mothers aged less than 30 years do not have knowledge about breastfeeding, while mothers aged more than 30 years have experience in providing breastfeeding. Exclusive breastfeeding.

i. Relationship between Education and Exclusive Breastfeeding

The results showed that the majority of respondents' education was high school education. Of the 44 respondents with high school education, 10 respondents gave exclusive breastfeeding and 34 respondents did not give exclusive breastfeeding. Meanwhile, 2 respondents with elementary education did not provide exclusive breastfeeding. According to YB Mantra quoted by Notoadmodjo (2010), education can affect a person, including one's behavior towards lifestyle, especially in motivating attitudes to participate in development, in general, the higher a person's education, the easier it is to receive information. The results of research at BPM Ambarita in Humbang Hasundutan District showed that educational background did not affect respondents' understanding of exclusive breastfeeding. The author assumes that with a mother's education background of at least high school as many as 44 respondents, they already have knowledge about the importance of breastfeeding, but in fact the respondents tend to ignore their health and their child's nutrition. Based on the results of an interview with one of the respondents using a questionnaire, the respondent did not breastfeed her child, because some respondents no longer breastfed their baby, based on the mother's experience since childhood the mother had provided additional food. So that breastfeeding babies is no longer important for mothers at this time,

This research is in line with Hastuti's research (2015) that there is no relationship between education and exclusive breastfeeding. Higher education will have an impact on changes in social values such as the notion that breastfeeding a child is considered not modern and can affect the shape of the mother's breasts. However, this research is not in line with Dosriani's research (2016) that the higher the level of education of a mother, the wider the mother's knowledge in making decisions.

j. Work Relations with Exclusive Breastfeeding

The results showed that the majority of the respondents' jobs were housewives as many as 48 respondents. Of the 48 housewife respondents, 15 mothers gave exclusive breastfeeding and 33 mothers did not give exclusive breastfeeding. Of the 2 mothers who were civil servants, all of them did not give exclusive breastfeeding. The results of research at BPM Ambarita, Humbang Hasundutan District, show that mothers who work as housewives should be able to provide exclusive breastfeeding for their babies. Because they have more time to care for their children. However, in this study, out of 48 mothers who had children aged 7-12 months, only 15 housewives gave exclusive breastfeeding to their children. Based on the reasons stated by the respondents, they did not give breast milk to their children because their own children did not want to breastfeed, breast milk did not come out, they were used to giving additional food such as team porridge, bananas and starch water. Even though mothers don't work, they still don't give exclusive breastfeeding to their children. The results of this study are in line with the research of Dahlan, et al (2017) in Palebon Village, Pedurungan District, Semarang City, which stated that there was no work relationship with exclusive breastfeeding. However, the results of this study are not in line with Juliastuti's research (2019) that there is a relationship between work and exclusive breastfeeding. Mothers who do not work tend to give exclusive breastfeeding than working mothers.

k. Income Relationship with Exclusive Breastfeeding

The results showed that the income of the majority of respondents was \leq Rp. 1,870,000. Of the 53 respondents with income \leq UMK Rp. 1,870,000, 15 respondents gave exclusive breastfeeding and 38 respondents did not give exclusive breastfeeding. Of the 32 respondents with income $>$ UMK Rp. 1,870,000 as many as 6 people who give exclusive breastfeeding and 26 mothers do not give exclusive breastfeeding. The results of statistical analysis using the chi-square test show that there is no relationship between income and exclusive breastfeeding at BPM Ambarita, Humbang Hasundutan Regency, in 2021. The results of research at BPM Ambarita, Humbang Hasundutan Regency, show that respondents with low family income are assumed to provide exclusive breastfeeding for their babies. because they do not have the economic ability to buy formula milk. However, there are also many respondents with low family incomes who do not provide exclusive breastfeeding because they are influenced by local culture. Based on the reasons stated by the respondents, even though they cannot afford to buy formula milk, they prefer to give their children starch, bananas and plain water. Because people's habits have been passed down for generations, they follow this culture, and some of those who have income above the UMK prefer to give formula milk to their babies.

The results of this study are reinforced by the research of Sarbini and Hidayati (2018) that

there is no relationship between income and exclusive breastfeeding, the higher the income, the higher the percentage of spending including breast milk substitutes so that mothers tend not to give exclusive breastfeeding to their children. However, this research is not in line with Purwanti's research (2017) that mothers with low socioeconomic status have 4.6 times the opportunity to breastfeed compared to mothers with high socioeconomic status.

l. Parity Relationship with Exclusive Breastfeeding

The results showed that the majority of respondents' parity was parity ≤ 2 . Out of 56 respondents with children ≤ 2 , 7 respondents gave exclusive breastfeeding and 49 respondents did not give exclusive breastfeeding, while 14 of the 29 respondents with children > 2 gave exclusive breastfeeding and 15 respondents did not give exclusive breastfeeding. The results of statistical analysis using the chi-square test show that there is a relationship between parity and exclusive breastfeeding at BPM Ambarita, Humbang Hasundutan Regency, in 2021. The level of parity has determined a lot of attention in maternal and child health. It is said so because there is a tendency for the health of mothers with high parity to be better than mothers with low parity (Notoadmodjo, 2013). The results of research at BPM Ambarita, Humbang Hasundutan District, show that the low number of parity mothers affects the knowledge and experience of mothers in breastfeeding their children. Because the number of low parity do not have the knowledge and experience in breastfeeding their children. Based on the reasons stated by the respondents, the mother did not breastfeed her child because the respondent's milk was not optimally productive. Some mothers did not give milk to their children because the first child was not breastfed, other respondents also said that their milk had not come out completely, some said that the fourth child had just been given breast milk, because at that time the milk came out.

Maternal parity affects the experience and health of mothers in exclusive breastfeeding. Mothers who have good experience in breastfeeding their first child will breastfeed properly for their next child. However, if for the first child the mother does not give exclusive breastfeeding and it turns out that the child is still healthy, then for the next child the mother feels that the child does not have to be given exclusive breastfeeding. This shows that mothers with low parity do not have experience in providing breastfeeding, besides that mothers think that milk production in the first and second children is not optimally productive, while in the third child milk production is maximized so that the possibility of mothers giving exclusive breastfeeding is better for the third child. . In accordance with the results of research by Ginting, et al (2016) in Barusjahe, Karo District, which stated that there was an effect of maternal parity on breastfeeding in children aged < 6 months, mothers with multiparous parity had more experience in breastfeeding than mothers with primiparous parity.

m. Relationship between Knowledge and Exclusive Breastfeeding

Knowledge is the result of knowing and this occurs after someone senses a particular object. Sensing occurs through the five human senses, namely the senses of sight, hearing, smell, taste and touch (Notoadmodjo, 2013). Knowledge about breastfeeding in the form of anything that the respondent knows about breastfeeding. As for what respondents should know about ASI, namely the definition of ASI, the content of ASI, the benefits of breastfeeding for both mother and child, the benefits of colostrum, the benefits of exclusive breastfeeding which can support breastfeeding to their children. The results showed that of the 85 respondents who answered enough to know as many as 46 respondents, who answered knew as many as 31 respondents and who answered did not know as many as 8 respondents. Of the 46 respondents who had sufficient knowledge, 5 respondents gave exclusive breastfeeding and 41 respondents did not give exclusive breastfeeding. Of the 8 respondents whose knowledge did not know, 2 respondents gave exclusive breastfeeding and 6 respondents did not give exclusive breastfeeding. The results of statistical analysis using Fisher's Exact test show that there is a relationship between knowledge and exclusive breastfeeding at BPM Ambarita, Humbang Hasundutan Regency, in 2021.

The results of research at BPM Ambarita, Humbang Hasundutan Regency, showed that the low level of knowledge of the respondents was allegedly caused by, among other things, the lack of information and the lack of ability of the respondents to understand the information received. It can be seen that respondents who gave exclusive breastfeeding had sufficient knowledge about breastfeeding, out of 46 mothers who had sufficient knowledge, only 5 mothers gave exclusive breastfeeding to their babies and 41 others did not give exclusive breastfeeding. This shows that mother's knowledge is still low about the importance of exclusive breastfeeding. It can be seen that

when filling out the questionnaire, many mothers answered that they did not know about the statement "The benefits of exclusive breastfeeding for babies are that the baby gets natural antibodies and contains the nutrients needed for growth and development, including the baby's intelligence".

From the results of the questionnaire, the researcher assumed that the mother's knowledge at BPM Ambarita, Humbang Hasundutan Regency, was still low. Many mothers provide food and drink to their children before they are 6 months old. It is considered that water can be given because according to the mother's experience, when a child cries and is given water, the child immediately shuts up. While honey is believed to make children not susceptible to disease. In addition, breastfeeding does not reach the age of 6 months because the milk is small and because the mother works to help her husband sell. Some mothers give formula milk with the reason that the milk has not come out and the child is still having difficulty breastfeeding so the child will cry if left alone. Lack of confidence in the ability to produce breast milk to satisfy their child encourages mothers to give additional milk through bottles. Giving formula milk is one of the causes of mothers not giving exclusive breastfeeding to their children. The nutritional content of non-breast milk is not suitable for children's needs and is difficult for the child's digestion to absorb. In addition, non-breast milk does not contain antibodies and can cause allergies.

This research is in accordance with the research of Fikawati and Syafiq (2016) that mother's knowledge plays an important role in implementing exclusive breastfeeding, so efforts to increase knowledge must be carried out before delivery, if done after delivery it is too late. Exclusive breastfeeding information is best given during ANC which includes material on colostrum administration, prohibition on prelactal feeding and the right to obtain IMD for children. It is necessary to dig deeper into the motivations, attitudes and beliefs of Exclusive Breastfeeding to have good knowledge based on sufficient knowledge, not just verbal statements. Theoretically it is known that the level of knowledge has a major contribution in changing a person's behavior to do something. Sufficient knowledge about ASI will influence the success of breastfeeding.

n. The Relationship between Attitudes and Exclusive Breastfeeding

The results showed that out of 85 respondents, 43 respondents disagreed with exclusive breastfeeding, 18 respondents agreed, 15 respondents had doubts about exclusive breastfeeding, 5 respondents strongly agreed with exclusive breastfeeding, and only 4 respondents had an attitude that strongly disagreed with exclusive breastfeeding. Of the 43 respondents who disagreed, there was 1 respondent who gave exclusive breastfeeding and 42 respondents who did not give exclusive breastfeeding. Of the 5 respondents who strongly agreed, all of them gave exclusive breastfeeding. The results of statistical analysis using the chi-square test could not be carried out because there were 6 cells with an expected count value of less than 5, so using Fisher's exact test it was found that there was a relationship between attitudes and exclusive breastfeeding at BPM Ambarita, Humbang Hasundutan Regency, 2021.

The results of research at BPM Ambarita in Humbang Hasundutan District showed that many mothers disagreed due to a lack of knowledge and information about exclusive breastfeeding. This was proven when mothers filled out the questionnaire, many mothers answered disagreeing with the statement "Mothers eat a variety of foods to meet nutrition and support the smooth production of breast milk". From the results of the questionnaire, the authors assume that mother's knowledge about the importance of exclusive breastfeeding in infants is very low. Knowledge about exclusive breastfeeding and lack of motivation to give exclusive breastfeeding, affect the attitude of the mother which is caused by the local cultural knowledge that is still attached about giving additional food to babies such as giving honey. Unsupportive breastfeeding behaviors include wasting colostrum because it is considered stale milk, giving food/drink before the milk comes out (prelactal), and the mother's lack of confidence that breast milk is not enough for her baby. The distribution table of respondents based on attitudes can be seen in the data output attachment.

4. Conclusion

There is a relationship between age, parity, knowledge, attitudes, education and exclusive breastfeeding at BPM Ambarita, Humbang Hasundutan District. There is no relationship between work, income and exclusive breastfeeding at BPM Ambarita, Humbang Hasundutan District.

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